

Apricot Baked Apples

Ingredients:

- 8 Rome apples, cored (or other baking apple)
- 3/4 cup apricot preserves
- 1/2 cup raisins
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground coriander
- 1 teaspoon ground cinnamon

Directions:

Preheat oven to 375°.

Mix apricot preserves with next 4 ingredients. Spoon apricot mixture into apples. Place apples in baking dish. Add 1/2 inch of water. Bake at 375° for 45-60 minutes, basting frequently. Serve hot.

Serves 8

Nutrition information per serving:

Calories: 185

Protein: 0.6 g

Carbohydrate: 48 g

Fat: 0 g (0% of calories from fat)

Cholesterol: 0 mg

Sodium: 1.2 mg

Recipes by Patricia Bertron, R.D.

<http://www.pcrm.org/health/recipes/christmas.html>

